



MAR & APR 2024

# 55+ Adult News

## MEDICARE COUNSELING BY SENIOR LINKAGE LINE®

Senior LinkAge Line® trained counselors meet with you one-on-one to provide informed, unbiased assistance while navigating the often-complex process of enrolling in Medicare or supplemental health insurance policies. You can register at [trellisconnects.org](https://trellisconnects.org) or by calling Senior LinkAge Line® at 800-333-2433.

Brookview Rice Lake Room  
Thu, Mar 14, Apr 11, May 9  
9, 10:15, or 11:30 am



## FRIDAY OPEN PAINTING STUDIO

Looking for a creative end to the week? Open studio attendees are here to guide you through your project. Bring your favorite medium and project to class. No pre-registration required.

Brookview Wirth Lake Room  
9-11:30 am  
\$1 per week,  
pay at Guest Services



## 55+ ADULT NEWSLETTER SUBSCRIPTION

Subscribe to our bi-monthly newsletter to stay in the know! Subscriptions run January–December and must be renewed each December by mail, online, or walk-in at Brookview.

\$5 res, \$8 non-res    Y3200J



## WEEKLY CARD & GAME GROUPS

New players are always welcome! Please arrive 10 minutes before the scheduled start time to get set up. All groups meet in the Brookview Valley Room. No registration required.



DAY	GROUP	TIME
Mon	Dominoes	1 pm
Tue	Cribbage	1 pm
Wed	Hand & Foot 500	10 am 1 pm
Thu	Duplicate Bridge (bring a partner)	12:30 pm
Fri	Party Bridge	9:30 am

**RUN THE VALLEY** 2024  
29TH ANNIVERSARY | 5 & 10K WALK & RUN

**SAT, APR 20, 2024**

**REGISTER AT**  
[www.goldenvalleymn.gov/RTV](https://www.goldenvalleymn.gov/RTV)  
or scan the QR Code below



### MONEY MATTERS



Finances, investments, and things related to money are shared. Join us as we hear speakers from organizations working with finances, investments, and government present information important for today and tomorrow. You must register in advance to attend. Please use the code provided for each program and register online at [webtrac.goldenvalleymn.gov](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am

**THU, MAR 21**

**The Truth About Senior Housing**  
Y3101F



No one wants to move to a nursing home. Today there are many alternatives for getting care. Janelle Meyers, Certified Senior Advisor with Choice Connections, will provide an overview of senior housing options. During the presentation, you will learn payment options, types of care and how an advisor can save you time in your search. Presented by Janelle Meyers, CSA®, LALD Certified Senior Advisor®.

**THU, APR 18**

**Understand How the Tax Code Treats Retirees Differently Than Everyone Else**  
Y3101G

Everyone must pay taxes. However, the "how much" can vary drastically among individuals based on several factors. We are going to explore how retirees are taxed in a much different way than the working population in accumulation mode vs retirees in spend down mode.

### COFFEE TALK

Join us for coffee, treats, and informative programs. You must register in advance to attend. Please use the code provided for each program and register online at [webtrac.goldenvalleymn.gov](http://webtrac.goldenvalleymn.gov) or by calling Brookview Guest Services at 763-512-2345.

Brookview Valley North Room | 10-11:15 am  
\$2, payable at time of registration

**WED, MAR 27**

**Recycling and Organics in Golden Valley**  
Y3100F



Why does Golden Valley offer organics recycling and how does it work? What happens to the items we put in our carts? What is the waste hierarchy? Finding ways to reduce waste and making sense of waste sorting can be challenging. Join us for a discussion on the importance of recycling and organics recycling, what items are accepted, and how to get started.

**WED, APR 24**

**Understanding the Long Term Care Insurance Claim Process**  
Y3100G

Greg Getchell, owner of Amada Senior Care, will be giving an educational talk on long term care insurance. His talk will focus on helping people who have long term care insurance, understand what their policy covers and how to file a claim. It is often the case that policy holders purchased their policy 15-20 years ago from an agent that is retired or no longer in the insurance business. Greg will cover the important questions you need to ask to understand what your policy covers, how to know if you qualify for a claim, and how to navigate what can be an obstacle course of paperwork, phone calls, and confusion.

### DEFENSIVE DRIVING

Adults age 55+ can save up to 10%, get a three-year discount on insurance premiums, and become better drivers by taking a state-approved National Safety Council Defensive Driving course. Taught by certified instructors and offered by the MN Safety Council. No tests are given, however, attendance is required to receive a certificate of completion.

Register in advance with the MN Safety Council by mail (make checks payable to "MN Safety Council") and mail to 474 Concordia Ave, St Paul, MN, 55103, or by phone with credit card by calling 651-291-9150.

**4-HOUR REFRESHER COURSES**

Brookview Valley North Room Thu, Jun 13 or Aug 8 9 am-1 pm \$23/person



## INTRODUCTION TO NORDIC WALKING

Enjoy the outdoors and empower your walking by adding Nordic Walking poles. Nordic Walking is one of the best cardiovascular workouts because it works all the major muscle groups in the body. Studies show that by using Nordic Walking poles, you increase your heart rate on average 10-15 % more than normal walking. Nordic Walking combines the simplicity and accessibility of walking with core and upper body conditioning and enhanced aerobic effects. The result is a fun and easy full-body walking workout. Wear comfortable walking shoes, dress for the weather and be prepared to walk a mile or more.



Additional \$3 for Nordic Walking pole rental (payable to instructor day of class). If you have your own Nordic Walking poles (not trekking or hiking poles), there will not be a fee for pole use.

**Brookview Park Large Shelter**  
\$9 res, \$12 non-res

<b>Wed, May 29</b>	<b>Wed, Jun 12</b>	<b>Thu, Aug 8</b>
<b>1:15-3:30 pm</b>	<b>9:30-10:45 am</b>	<b>9:30-10:45 am</b>
<b>S2222A</b>	<b>S2222B</b>	<b>S2222C</b>

## PEDAL PUSHERS BIKING GROUP

This longtime group bikes to and from various areas in the Twin Cities, and usually stops for treats along the way. Get some exercise, meet some fantastic people, and bike some trails you never knew existed. Rides begin at 9:30 am on Tuesdays or Thursdays, with a couple rides each month. Rides are approximately 6-12+ easy miles, with frequent stops. Register to ride and to be put on the mailing list for ride information.

<b>Tue or Thu, Jun-Oct</b>	<b>\$5/person</b>
<b>Rides begin at 9:30 am</b>	<b>S2215A</b>



## PEDAL PUSHERS KICK-OFF EVENT

Join Pedal Pushers leader, Nancy, as we present our 2024 Pedal Pusher season. Nancy and others may share stories of their winter adventures, and we will present the 2024 ride schedule. This kick-off event is Free, but pre-registration is required.

<b>Brookview Valley North Room</b>	<b>S2218A</b>
<b>Tue, May 7</b>	<b>10 am</b>



## DRIVER IMPROVEMENT PROGRAM

The Minnesota Highway Safety and Research Center (MHSRC) Driving Improvement Program is for those ages 55+. Classes are taught by a certified instructor from the Minnesota Highway Safety Center. Minnesota State Law allows a 10 percent reduction in auto insurance premiums for three years upon completion of the course.

To register, visit the Minnesota Safety Council website at [minnesotasafetycouncil.org](http://minnesotasafetycouncil.org) or call toll free at 1-888-234-1294 or visit. Fees collected day of class.

### 4-HOUR REFRESHER COURSE

**Brookview Valley North Room**  
**Tue, Apr 2**  
**5:30-9:30 pm**  
**\$24/person**

### 8-HOUR FIRST TIMER COURSE

**Brookview Valley North Room**  
**Mon-Tue, May 6-7**  
**5:30-9:30 pm**  
**\$24/person**



## TAI CHI CLASSES WITH MARIE MATHAY

Join Certified Instructor Marie Mathay for these ancient Tai Chi exercises. Wear loose, comfortable clothing, and flat shoes.

### SUN STYLE

Sun Style Tai Chi movements are gentle, smooth, and graceful, promoting better balance, strength, flexibility, and stress reduction. This form is endorsed by the Arthritis Foundation, the CDC, the WHO, Mayo Clinic, and Harvard Medical School, for its proven health benefits in over three hundred medical studies.

Brookview Wirth Lake Room

\$84 res, \$89 non-res

Tue, Apr 16-May 21

Beginners 9-10 am W2207E

Advanced 10-11 am W2207F

Tue, Jul 9-Aug 13

Beginners 9-10 am S2224C

Advanced 10-11 am S2224D

### YANG STYLE

Practiced for martial arts as well as its health benefits. Classic Yang is the most popular style of Tai Chi worldwide. You will learn the Chen Man Ch'ing 37 Form. Pure, simple, and refined, it embraces all of the Tai Chi principles and teaches much more than simple movements. Discover a sustaining, lifelong practice.

10-11 am

\$84 res, \$89 non-res

Brookview Wirth Lake Room

Thu, Apr 18-May 23 W2208C

Brookview Park

Thu, Jul 11-Aug 15 S2209A



## YOGA FLOW WITH LAURA

This flow style yoga focuses on your personal experience. Class combines yoga postures, targeted core work, and breath/body awareness. All classes end with an optional guided relaxation that takes each practice to a deeper level. Benefits include increased strength, flexibility, body awareness, and mental clarity. Appropriate for beginners to yoga as well as those who already practice. Wear comfortable clothes and bring a yoga mat. Blanket and small pillow are optional for relaxation. Instructed by Dale Kukiella.

Brookview Wirth Lake Room

Tue, Apr 2-May 28

5:30-6:45 pm

\$90 res, \$95 non-res

S2206A

## WEDDING DANCE RESCUE

Is your wedding day nearing and you don't know how to dance? Not to worry! In this single two-hour lesson, you and your fiancé will be taught everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an entrance onto the dance floor, easy steps and turns that fit with most songs, and an impressive dip to end your dance. Class is geared to bride/groom, but father/daughter, mother/son, and parents of the bride/groom may also attend. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit [www.ConstantineDance.com](http://www.ConstantineDance.com). Casual dress.

Brookview Bassett Creek Room

Tue, May 21

6:30-8:30 pm

\$35 per person

S2314A

## Adult Trip Program

**Comfortable motor coaches, good food, knowledgeable tour guides—our trips are planned with you in mind! Registrations are taken on a first-come, space-available basis by mail, online, or in person at Brookview. Use the trip code and select meal choice (if offered) when registering.**

***\*All pick-ups are at Golden Valley City Hall under the water tower.\****

### Art in Bloom at Minneapolis Institute of Art | Fri, Apr 26

Enjoy imaginative floral interpretations of selected works of art from Minneapolis Institute of Art's permanent collection, created by more than 100 commercial florists and individual artists. Guests are invited to experience the floral fragrance throughout the museum. This is a self-guided experience throughout the campus. Browse floral-inspired merchandise in the Art In Bloom Pop-up Shop, and visit the Gift Store and Café.

Minneapolis Institute of Art inspires wonder through the power of art. MIA enriches the community by collecting, preserving, and making accessible outstanding works of art from the world's diverse cultures. In 1883, 25 citizens of Minneapolis founded the Minneapolis Society of Fine Arts, committing them to bringing the arts into the life of their community. More than a century later, the museum they created, the Minneapolis Institute of Art, stands as a monument to a remarkable history of civic involvement and cultural achievements. MIA's permanent collection has grown from 800 works of art to more than 89,000 objects. The collection includes world-famous works that embody the highest levels of artistic achievement, our objects span from about 20,000 BCE and representing the world's diverse cultures across six continents. The museum has seven curatorial areas: Arts of Africa and the Americas; Contemporary Art; Decorative Arts, Textiles and Sculpture; Asian Art; Paintings; Photography and New Media; and Prints and Drawings.

Leave MIA and arrive at Jax Café in Minneapolis. Take the elevator to the Cosmopolitan Room on the second floor for lunch, which includes baked chicken with mashed potatoes, gravy, vegetable, chocolate mousse, coffee, tea or milk. Tables will be assigned to each bus group in attendance. Jax Café has been serving Minnesotans since 1933. It's a landmark that was established by Stanley Kozlak. He left Poland as a teenager and established a restaurant business that would support three generations after him.

<b>Fri, Apr 26</b>	<b>\$87</b>
<b>9:45 am pick-up</b>	<b>Register/cancel by Mon, Mar 18</b>
<b>3:05 pm return</b>	<b>Y3316A</b>





## Adult Trip Program (continued...)

### Dyersville, IA “Field of Dreams” | Tue-Wed, May 21-22

#### TUE, MAY 21

Leave Golden Valley City Hall (7800 Golden Valley Rd) at 7 am. Make a brief comfort stop in Rochester. In Dyersville, have lunch (included) at 7 Hills West Restaurant. Meet your Field of Dreams Ghost Player and experience the magic of this famous movie site. A Ghost Player will give the history of how Universal Studios found this location. Learn who the Ghost Players are and how being a part of this movie filming experience brought them baseball adventure around the world! The Field of Dreams Farmhouse has been converted back to look like it did in the movie. Check into the Comfort Inn Dyersville, IA and have dinner (included) at Fuse Restaurant.

#### WED, MAY 22

Have breakfast (included) at the hotel. Take a guided tour of St. Francis Xavier Basilica. After the tour, hear an organist play some songs. Visit the You Build It Exhibit. Experience the history of the iconic baseball field and discover stories from behind the scenes. Visit the Baseball Hall of Dreams. This museum focuses on the human side of the game. You can see antique gloves and add your wishes on the wall of dreams, along with Brooks Robinson and hundreds of other visitors. Have lunch (included) at O So Good Restaurant. Leave Dyersville and stop at Trails Travel Center in Albert Lea for refreshments (on own). Return to Golden Valley at about 7 pm.

**Fee includes:** Deluxe motor coach transportation, lodging for one nights, meals as indicated [C-Coffee, B-Breakfast, L-Lunch, S-Supper, D-Dinner], attractions as outlined in itinerary, tour leader from Golden Valley Parks and Recreation, and gratuities on the included meals and attractions.

**Deposit:** \$115 deposit required to make a reservation by March 25

**Final Payment Due:** March 25

**Cancellation:** Payments are not refundable after March 25

**Travel Insurance:** Contact Travel Guard at 1-800-826-1300 or [www.TravelGuard.com](http://www.TravelGuard.com)

**\$360 per person (2 per room)**

**\$435 per person (1 per room)**

**Y3316A**



## Cemetery Tour Around Minneapolis with Doug Ohman | Wed, May 8

Meet expert tour guide and speaker, Doug Ohman to explore the fascinating world of cemeteries around Minneapolis. Visit the earliest burial grounds in the area to the most current cemetery practices. Cemeteries are the last visible vestiges of our past and hold our history. They are clues to the stories worthy of remembering by honoring those who have gone on before. Stops will be made depending on weather and burial services. Wear appropriate footwear for unpaved, grassy areas of graveyards. Canes and walkers can fit under the bus. Rain gear may be necessary. Possibly visits on this tour will be: Fort Snelling National Cemetery, St. Mary's Cemetery, Pioneer and Soldier Cemetery, or Crystal Lake Cemetery.

Have lunch at Patrick's Bakery and Café located at Bachman's Greenhouse in Minneapolis. Lunch will consist of a soup and sandwich special: California chicken strip sandwich (walnut raisin bread with honey dijon dressing, baked chicken strips, oven roasted red peppers and lettuce), Minestrone soup, coffee, tea or milk, and mini pastry for dessert. After lunch, spend a few minutes shopping at Bachman's Gift Store and Garden Center. NOTE: Plants will fit in the large luggage bays under the motor coach.

Doug will then continue the Cemetery Tour weaving a variety of stories and interesting historical information about cemeteries around Minneapolis.

Doug Ohman has done extensive research and some of his published works include: Minnesota Treasures, Schoolhouses of Minnesota, Courthouses of Minnesota, Libraries of Minnesota, Churches of Minnesota, and Historic Homes of Minnesota. Passengers can purchase their own copy from Doug personally.

Wed, May 8                      \$93  
9 am pick-up                  Register/cancel by Mon, Apr 18  
4:30 pm return                Y3317A



## Treetop Trail at Minnesota Zoo | Wed, Jun 26

Arrive at The Mason Jar Kitchen in Eagan for a lunch. Enjoy made-from-scratch classic comfort food in a modern space hung with Mason jars. Trip leader will give each passenger a slip with menu choice to be put at their place setting.

### MENU (all meals include a beverage; make selection at sign up):

1) 10,000 Lakes Chicken Pot Pie (roasted chicken, mushrooms, potato, mirepoix vegetables, wild rice, corn; topped with cheddar cheese, scratch-made pastry); 2) Tater Tot Hotdish (seasoned ground beef, corn, house-made cream of mushroom, tater tots; topped with cheddar cheese)

After lunch, take time to purchase some sweet treats. The award-winning bakery has artisan cupcakes, macaroons, and other handmade confections. You can also purchase Minnesota's Sebastian Ice Cream.

Arrive at the Minnesota Zoo to venture along the Treetop Trail, the World's Longest Elevated Pedestrian Loop. The 1.25-mile Treetop Trail gives guests a bird's eye view to acres of hardwood forest, wetlands, wildlife, and some of the Zoo's beloved animals. Spend time at the Zoo's exhibits and attractions at your own pace, and include: Minnesota Trail, featuring animals native to Minnesota; Northern Trail, featuring animals of the north (above the 45th parallel north), Tropics Trail, an indoor walking trail featuring animals from the tropics; Discovery Bay, an activity area themed around marine wildlife; Grizzly Coast, a part-indoor, part-outdoor new multi-million exhibit featuring animals from Russia's Far East and the Kamchatka Peninsula; Family Farm, themed around farm animals; and more!

Wed, Jun 26                      \$91  
10:10 am pick-up              Register/cancel by Mon, May 20  
4:20 pm return                Y3319A

**NOTE:** There is a considerable amount of walking to enjoy this trip. Most areas are accessible. Collapsible wheelchairs, walkers, and canes will fit in the luggage bays under the bus. There are areas throughout the Zoo to be seated and relax.



Parks & Recreation Department  
316 Brookview Pkwy S  
Golden Valley, MN 55426  
763-512-2345

GOLDEN VALLEY ACTIVITY & TRIP REGISTRATION FORM



First & Last Name: \_\_\_\_\_  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ D.O.B: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Emergency Contact Name & Phone (if different from above): \_\_\_\_\_  
Special Needs, Disabilities, or Allergies we should be aware of: \_\_\_\_\_

Participant's First & Last Name	Trip/Activity Name	Trip/Activity Code	Pick-up Site	Special Requests	Fee
<b>PAY</b> _____ Cash      CC # _____ Sec. Code _____ <b>INFO:</b> _____ Check      Exp Date _____ Sign for credit card: _____					<b>TOTAL</b>

CONSENT TO RELEASE OF INFORMATION & RELEASE OF LIABILITY

In consideration of your accepting this registration for my child (or person I am responsible for as guardian), or myself, I authorize the City of Golden Valley and its partner cities or other governmental agencies (hereinafter collectively "City") to disclose to the City's insurer, attorney, staff, coaches, participants and other personnel involved in this program the following information: name, address and telephone number. This information shall be used for the purpose of program administration. This consent to release information shall expire one year from the date of execution. I understand that the records are protected under the state and federal privacy regulations. I also understand that I may cancel this consent by a writing to that effect at any time prior to the information being released. I give my consent to use any photograph or video tape taken of my child (or person I am responsible for as guardian), or myself for future promotional or marketing materials. In consideration of the City providing the registered activities, I agree to release and not hold the City liable for any claim, damages or loss resulting from participation in any such activity, including claims for injuries, death and resulting medical costs and attorney fees. The completion of your registration signifies your acceptance of this consent.

SIGN: \_\_\_\_\_

DATE: \_\_\_\_\_